



Center for Families Newsletter:

Cambridge Family News



Information, Support, & Activities for Families with Children Ages Birth—8 Living in Cambridge

September—October 2016



Fall is here and school is about to start! Whether it is your child's first time at daycare or preschool or his third year of elementary school, fall means creating a new routine for the entire family. Check out our tips for staying healthy on **page 2** and enjoy all the fall activities on **page 2**. Plus there are many exciting workshops on **page 6** and don't miss all the great Community Events on **page 8**. Dads, be sure to check out **page 5** for information just for you! Also, be sure to save the date for Family Literacy Fun Day at Cambridge City Hall (Central Sq.) on Saturday, November 5, 10:30am-2:30pm. **Happy Fall!**

Center for Families' Playgroup Information

The Center for Families will run 4 types of playgroups September 2016—June 2016! All of Center for Families' programs are free for Cambridge families. Questions? Contact the Center for Families at 617-349-6385.

- **Drop-in Playgroups:** CFF will run 2 drop-in playgroups for parents/family members and their children ages 15 months—5 years and 2 playgroups for family childcare providers/nannies. Groups will run 10:00am—11:30am. We bring toys, activities, games, music, and healthy snacks; you bring your children! Parents or caregivers stay and play with their children. You don't need to sign up for these groups, just come when you want. **See schedule on page 2.**
- **Community Playgroups:** Community Playgroups are run by the Agenda for Children and the Center for Families and are fun groups for parents from Cambridge and their children ages 15 months—5 years old. Each series has a different theme and parents and children learn new and exciting things each week about the theme and do activities together. Playgroups meet in the morning from 10:00—11:30. Each group will meet once per week for a total of 8 times. You may only sign-up for one group per series. Registration forms will be available in early September for our fall series that begins in October. **Contact Cynthia at 617-349-6327 or Priscila at 617-665-3825 for registration information.**
- **Parent—Child Exploration Groups:** Parent—Child Exploration Groups are designed for parents or family members with children ages 2—4. Group meets for 6 weeks and families must register ahead of time for the entire 6—session series. Group will run 10:00am—11:00am. Parents/family members and children will learn new games and activities together. The first series will start in the fall of 2016 and focus on physical games and movement. **Contact Cynthia at 617-349-6327 for registration information.**
- **Babytime Infant Playgroups:** Infant Playgroups are for parents/family members or nannies and children ages birth—15months old. Groups are an opportunity to connect with other adults, ask questions, and relax while babies explore the playroom. We run two Infant Playgroups per week (one at Center for Families and one at the Margaret Fuller Neighborhood House) and ask families to attend one group per week. CFF group runs 12:30—2:30 and the MFNH group runs 12:15—2:15 and the group leader, Christine Doucet, runs a sing-a-long. Infant Playgroups are drop-in and families are encouraged to join at anytime. No need to register. **See schedule on page 2 or information on page 6.**

Up Coming Events!

Drop—in playgroups start	9/13
Mothers' Discussion & Craft Activity Group	9/16 & 10/21
Mindfulness Parenting and Stress Reduction: 3—part workshop	9/16, 9/23 & 9/30
Danehy Park Family Day	9/17
Exercise for Mothers in their First Year After Giving Birth	9/22
Port Pride Day	9/24
Pajama Storytime	9/28 & 10/26
Basketball for Dads	10/6, 10/20, & 11/3
3—Park Child Development Series	10/17, 10/24 & 11/7
Cooking Healthy Food for Parents and Children	10/22
Dads & Kids @ the Gym	10/29

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The Center for Families is located at 70 Rindge Ave, in the rear of the Peabody School. It is near the Davis Square and Porter Square T stops, and can be accessed by the 77 and 83 buses.

Spotlight: October is Children's Health Month!

Here are some tips for raising safe and healthy kids from the U.S Department of Health and Human Services:

- Take children to the doctor for routine check-ups and as needed.
- Protect your kids in the car: Use car seats and seat belts for appropriate ages and sizes. For information on how to choose the right car seat for your child, visit: <http://www.safercar.gov/parents/CarSeats/Car-Seat-Safety.htm>
- Keep your kids active. Help kids be active for at least 1 hour every day. Cambridge has many parks/playgroups and area of nature to explore. Check out our Nature Walk Suggestions above for more ideas!
- Monitor Activities. Kids learn from family, friends, media, school, and more. Know who they spend time with, what they are doing, and whether their activities are age-appropriate. Know how their school promotes health and safety.
- Provide love and support. Kids need the support and love of family and friends. Respond to their physical and emotional needs.
- Remember, you know your child best!

For more information, visit: <http://www.cdc.gov/family/kids/index.htm>

Health and Safety in the Kitchen

- Encourage children to drink tap water.
- Breakfast and snacks are important! Pack healthy snacks for school such as carrots and hummus, fruit, or trail mix. Make enough time to eat a wholesome breakfast each morning. Remember, lots of schools offer breakfast. Check with your child's school for more information.
- Have children stand at the level of the activity. Use a stool if necessary.
- Use cooking supplies that will not break (such as plastic measuring cups and stainless-steel bowls).
- Use plastic knives or butter knives for cutting.
- Provide constant supervision.
- Always watch children when they use knives, mixers, or the stove.
- Supervise the use of ovens, stoves, and other kitchen appliances.
- Remind children that stoves, ovens, pans, and dishes can be very hot.



*For more information, visit: http://kidshealth.org/parent/nutrition_center/healthy_eating/kids_cook.html

Playing and Learning Activities

Have fun ideas to share? Email Cynthia at cwoodward@cambridgema.gov



Nature Walks

The Boston area has many outdoor parks and trails to see the beautiful colors of the fall. Go for a walk, picnic, or bike ride and observe the different colored leaves. Ask your child questions like: *What color is this? What color do you think it was before? What sound do the leaves make when you step on them?* Here are some places you can visit to see the colors of fall:

Mt. Auburn Garden Cemetery (Take the 71 or 73 bus from Harvard Square)

Arnold Arboretum (Forest Hills T stop on the Orange Line)

Boston Common and Public Garden (Park St. T stop on the Red Line, or Arlington stop on Green Line)

Make a Scarecrow

Help your kids create a special fall friend by stuffing an old shirt, pair of pants and a pillowcase with newspaper!



Pumpkin Carving

Help your kids pick out the perfect pumpkin to create your own jack-o-lantern.

Kids have tons of fun digging out the pumpkin seeds and carving out funny and scary faces. Make sure to save the seeds to roast for a delicious snack!



Read All About Fall!

Autumn is a season of exciting changes—leaves change colors, kids go back to school, days get shorter...the list goes on!

Listed below are a few fall-themed books you can find at your local Cambridge Public library:

- *Why do leaves change color?*
by Betsey Maestro
- *I know it's Autumn*
by Eileen Spinelli
- *Leaf Man*
by Lois Ehlert
- *Arthur Goes to School*
by Marc Brown

Parent/Child Activities

Help us all stay healthy! Please stay home if you or your child has had a fever, chronic cough, has thrown up or had diarrhea within 24 hours of activities. We want to make sure everyone stays germ-free!

The following Center for Families Drop—in Playgroups and Babytime Infant Playgroups run Tuesday September 13, 2016 through Wednesday December 14, 2016. Playgroups do not meet on days when the Cambridge Public Schools have early release or are closed as well as days when Center for Families has staff training. Please check the Center for Families calendar on page 3 of this Newsletter for more information. **Groups do not meet on: 9/20, 10/3, 10/10, 10/12, 10/13, 10/19, 11/3, 11/23, 11/24.** Please call the Center for Families at 617-349-6385 with questions.

Parent/Family Member and Child Drop—in Playgroups

Mondays

- Babytime Infant Playgroup (for parents/family members with children ages birth—15 months), Center for Families, 70 Rindge Ave. (please enter through main door of the Peabody School), Bus Routes 77&83, 12:30pm—2:30pm*

Tuesdays

- Babytime Infant Playgroup (for parents/family members with children ages birth—15 months), Margaret Fuller Neighborhood House, 71 Cherry St. (use the door on the right side of the building) Bus Routes 1, 69 and Central Square T, 12:15pm—2:15pm(**please note new time**)*
- Moses Youth Center (formally Area IV Youth Center), 243 Harvard St., Bus Routes 69,83 & 91, 10:00—11:30 am

Wednesdays

- Gately Youth Center Gym, 70 Rindge Ave. (back of Peabody School), Bus Routes 77 & 83, 10:00—11:30 am**

Please note:

*Please attend either Monday or Tuesday Infant Group

**Gym groups are for physical activities, no arts or snacks

Family Childcare Provider and Child Drop—in Playgroups

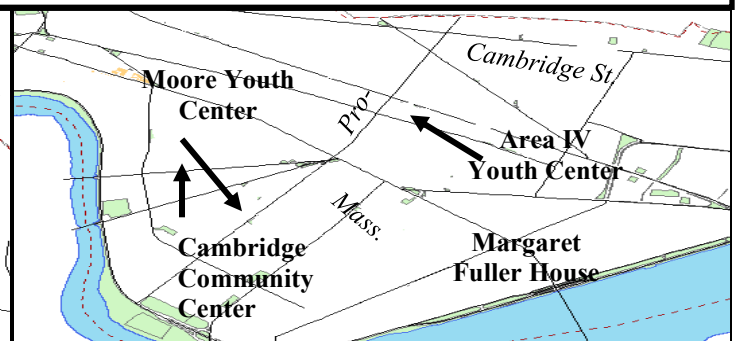
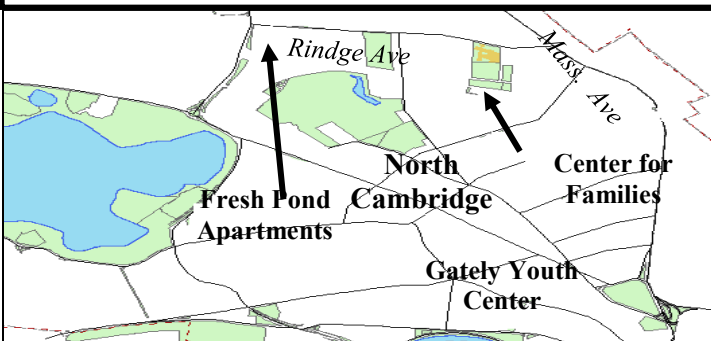
Mondays

- Moore Youth Center Gym, 12 Gilmore St. (off of Western Ave.), Bus Route 70, 10:00—11:30 am*

Thursdays

- Center for Families, 70 Rindge Ave. (please enter through the main door of the Peabody School), Bus Routes 77 & 83, 10:00—11:30 am, Note: Due to space concerns, we will be limiting group to first 26 children & their providers who arrive

*Gym groups are for physical activities, no arts or snacks



Maps are designed to give parents and caregivers a better sense of playgroup locations and are an approximation of where groups are located. If you have questions about where a group or event is located, please feel free to call the Center for Families at 617-346-6385.

Center for Families' Drop-in Playgroups, Workshops, and Events September—October 2016 Calendar

Sun.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	August 29 No groups.	August 30 No groups.	August 31 No groups.	September 1 No groups.	2	3
4	5 CFF closed.	6 No groups.	7 No groups. Baby Massage, 12:30—1:45	8 No groups.	9	10
11	12 No groups.	13 Moses Youth Center, 10:00—11:30 Babytime MFNH, 12:15—2:15	14 Gately Youth Center Gym, 10:00—11:30 Baby Massage, 12:30—1:45	15 Center for Families, 10:00—11:30	16 Mothers' Discussion & Craft Activity, 10:30—12:00 Mindfulness Parenting and Stress Reduction, 12:30—2:00	17 Danehy Park Family Day, 11:00—4:00
18	19 Moore Youth Center, 10:00—11:30 Babytime CFF, 12:30—2:30	20 No groups.	21 Gately Youth Center Gym, 10:00—11:30 Baby Massage, 12:30—1:45	22 Center for Families, 10:00—11:30 Exercise for Mothers in their First Year After Giving Birth, 11:30—1:00	23 Mindfulness Parenting and Stress Reduction, 12:30—2:00	24 Port Pride Day, 12:00—5:00
25	26 Moore Youth Center, 10:00—11:30 Babytime CFF, 12:30—2:30	27 Moses Youth Center, 10:00—11:30 Babytime MFNH, 12:15—2:15	28 Gately Youth Center Gym, 10:00—11:30 Pajama Storytime, 6:45—7:30	29 Center for Families, 10:00—11:30	30 Mindfulness Parenting and Stress Reduction, 12:30—2:00	October 1
2	3 No groups.	4 Moses Youth Center, 10:00—11:30 Babytime MFNH, 12:15—2:15	5 Gately Youth Center Gym, 10:00—11:30 Baby Massage, 12:30—1:45	6 Center for Families, 10:00—11:30 Basketball for Dads@FMA, 6:30—9:15	7	8
9	10 No groups.	11 Moses Youth Center, 10:00—11:30 Babytime MFNH, 12:15—2:15	12 No groups.	13 No groups.	14	15
16	17 Moore Youth Center, 10:00—11:30 Babytime CFF, 12:30—2:30 More Fun, Less Stress with Toddlers, Twos, and Threes, 6:00—7:30	18 Moses Youth Center, 10:00—11:30 Babytime MFNH, 12:15—2:15	19 No groups.	20 Center for Families, 10:00—11:30 Basketball for Dads@FMA, 6:30—9:15	21 Mothers' Discussion & Craft Activity, 10:30—12:00	22 Cooking Healthy Food for Parents and Children, 10:00—11:30
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30	31 Moore Youth Center, 10:00—11:30 Babytime CFF, 12:30—2:30	November 1 Moses Youth Center, 10:00—11:30 Babytime MFNH, 12:15—2:15	2 Gately Youth Center Gym, 10:00—11:30	3 No groups. Basketball for Dads@FMA, 6:30—9:15	4	5 Family Literacy Fun Day @City Hall, 10:30—2:30

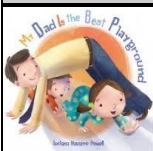
Center for Families' Fatherhood Corner

Fatherhood in Cambridge

Are you new to Cambridge, or just looking to join a network of fellow Dads? Luis is the Fatherhood Outreach Worker representing both the Center for Families and the Agenda for Children Literacy Initiative. He will connect you to resources, services, and Dads across the city. Get in touch with Luis by emailing him at: Lvasquez@cambridgema.gov.



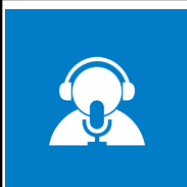
Dads & Kids in the Gym



Come have fun at the gym playing and meeting other dads and their children. We will have food and fun gym toys for all ages. Yes, also for babies!

Saturdays, 10/29 at the Gately Youth Center, 70 Rindge Ave. (behind Peabody School, door 13), 10:00—11:30am.
Facilitator: Luis Vasquez. To sign up or with questions, email Luis at lvasquez@cambridgema.gov.

Cambridge Dads Podcast!



The **Cambridge Dads Podcast** is a new initiative out of the Center for Families and the Let's Talk Campaign at the Agenda for Children.

In each episode, a father will reflect back to an experience he had around fatherhood while growing up and how it translates now into their own parenting style today. Occasional episodes will also feature experts in the field who discuss fatherhood.

Search YouTube: Cambridge Dads Podcast
***Email Luis for a downloadable audio file.**

Read the powerful words shared by over 50 Cambridge dads. Immerse yourself in this collection to hear the many voices of dedicated fathers in our community!

Check out the e-book: bit.ly/dadswords

Cambridge Dads on Social Media

Building an online network of Dads to promote active parenting and self-care. An initiative of the Center for Families and the Agenda for Children Literacy Initiative.



Follow @CambDads on Twitter

'Like' Cambridge Dads on Facebook



Basketball for Dads



Have a spare Saturday afternoon to lace 'em up with other Dads? Join us Dads on Saturday afternoons for Basketball for Dads! Childcare available.

Thursdays, 10/6, 10/20, 11/3, 12/1, 12/15, 6:30pm—9:15pm, Fletcher Maynard Academy (FMA), 225 Windsor St.

To sign up or with questions, email Luis at lvasquez@cambridgema.gov.

Fatherhood Text Campaign



Receive a text once a week about fatherhood, events, and activities to do with your kids in and around Cambridge.

Step 1: Text "father" to 95577
(standard text messaging rates apply)

Step 2: Receive a confirmation text

Step 3: Keep Being A Great Dad!

Upcoming Workshops, Classes, and Events

Workshops and Events

—Pajama Story Time

Wednesdays, 9/28, and 10/26, 6:45pm—7:30pm, O'Neill Library (70 Rindge Ave.). Come to the library to listen to stories, read with your children, and have a snack before bed. Feel free to come dressed in your favorite pajamas! There will be FREE book giveaways. **No need to register, just come! Call Cynthia at 617-349-6327 with questions!**

—Cooking Healthy Food for Parents and Children (3—8 years old)

Saturday, October 22, 10:00—11:30am, Center for Families, 70 Rindge Ave. Come to a fun, interactive, multisensory nutrition education program where we share food-related stories and songs. We will cook and try together nutritious snacks! Presenter: Jackie Newman, Dietitian-Nutritionist. **All families must register. To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.**

—Exercise for Mothers In their First Year after Giving Birth

Thursday, September 22, 11:30am—1:00pm, Margaret Fuller Neighborhood House, 70 Cherry St. Postpartum workshop for mothers with babies birth—12 months (you can come with or without your baby). Learn from a physical therapist that specializes in postpartum how to do exercises that are designed to improve your physical health after birth. These exercises will help you have a strong body to take care of your baby and prevent injuries like back, wrist and shoulder pain. It will help you strengthen your pelvic floor and abdominal muscle safely. Instructor: Sybille Bosslet, Physical Therapist. **All mothers must register. To register contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.**

—Mindfulness Parenting and Stress Reduction: 3—Part Series for Parents with Babies, Birth to Pre-Crawling

Fridays September 16, 23 & 30, 12:30pm—2:00 pm, Center for Families, 70 Rindge Ave. Becoming a parent is one of the most transformative experiences in a person's life. Learning mindfulness — that is the awareness that comes from learning to pay attention in the present moment on purpose and non-judgmentally — can help immensely during the beautiful AND the challenging moments of parenting. Whether this is your first baby or your fourth, join midwife and mindfulness teacher, Danielle Schuman-Olivier, CNM, for a three—part series that will offer practical tools to incorporating mindfulness into your life starting in early parenting. **All parents must register. To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.**

—3—Park Child Development Series: More Fun, Less Stress with Toddlers, Twos, and Threes!

Mondays, October 17, 24, and November 7, 6:00—7:30pm, Fletcher Maynard Academy, 225 Windsor St. Parenting very young children is challenging to say the least! Children develop so rapidly in the first few years of life that as soon as you master one challenge, another pops up. And yet, very young children are filled with wonder, enthusiasm, and love. In this three-part workshop, we will look at the challenges of parenting toddlers, twos and threes, and discuss developmentally-informed approaches to meeting our young children's needs, teaching what they need to learn, and creating more harmony and happiness during this phase of family life. Facilitated by Kathy Kelts, Child Development Specialist and Social Worker. **All families must register. To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.**

Mothers' Discussion & Craft Activity Group



Join us and other moms as we talk about parenting while doing a relaxing craft activity. Childcare is available and lap babies are welcome. *Christine Doucet and Fran Roznowski will lead the activity.*

Fridays, September 16 and October 21, 10:30am—12:00pm, Center for Families, 70 Rindge Ave. (please enter through main door of the school and sign in at the office).

Activities:

September—craft with flowers
October—surprise!

All mothers must register. To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.

Families with Infants

Babytime Infant Playgroup

Informal groups for parents or caregivers with infants birth—15 months old. Groups are an opportunity to connect with other adults, ask questions, and relax while babies explore the playroom. Christine will lead a short sing-a-long.

Mondays, 12:30—2:30pm, Center for Families, 70 Rindge Ave., rear of Peabody School, door 10.

Tuesdays, 12:15—2:15pm (new times), Margaret Fuller Neighborhood House, 71 Cherry St., grey door on the right side of the building.

Babytime does not require registration. Please choose only one group to attend per week. Contact Christine at cdoucet@cambridgema.gov with questions.

4—Week Baby Massage/Nurturing Touch & Infant Development Series (based on WINC without borders material and curriculum)

Wednesdays September 7, 14, 21 and October, 5, 12:30pm—1:45pm, Margaret Fuller Neighborhood House, 70 Rindge Ave. Massaging your baby and growing child helps you develop a strong relationship with your baby. The discussion topics are designed to support you in your parenting. Also, this series might help your baby to have less gas and constipation, relax better and cry less, and sleep longer. **All families must register. To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.**

Did you know? For breastfeeding information, contact the Doula Program at the Cambridge Health Alliance at 617-665-1164. For more infant programming, contact the Jewish Family & Children Services-at Temple Eitz Chayim at 781-693-5652.



Center for Families' News and Information

Introducing a New Parent/Child Group from the Center for Families!

Parent/Child Exploration Group!

6—Week Series, Tuesdays, October 18, 25, November 1, 8, 15 & 22, 10:00—11:00, Gately Youth Center (70 Rindge Ave, rear of Peabody School, door 13).

Parent—Child Exploration Groups are designed for parents or family members with children ages 2—4. **Group meets for 6 weeks and families must registered ahead of time for the entire 6—week series.** Parents/family members and children will learn games and activities together (no providers) that can also be done at home! This series will have lots of fun gross-motor games and activities focused on physical activity and movement. Because the group is located in a gym, there will be no snack or craft activity. **For more information and to register, contact Cynthia at 617-349-6327 or cwoodward@cambridgema.gov.**

Stay connected with the Center

We have lots of ways for you to **stay up-to-date** on Center for Family programs!

- Subscribe to our **Google Group Listserv** and get updates and connect with other parents. To be added to the listserv call (617) 349-6327 or email cwoodward@cambridgema.gov.
- Follow us on **Twitter** @cntrforfamilies
- Like us on **Facebook** at Facebook.com/cambridgecenterforfamilies
- Check out our **website**: www.cambridgema.gov/dhsp/cff
- Fatherhood Text Campaign: Text "father" to 95577



Also, please fill out a **Center for Families Cambridge Connection Form** to be on our mailing list. Registration forms are available at our office, playgroups, events, or on our website.

Free Pool Passes for Participating Families!

The Center for Families has limited 1-time family passes for the **Atlantis Sports Club & Spa**. Passes are for participating families. To use the passes, you must live in Cambridge and currently attend at least one of our playgroups or have come to a workshop or event hosted by the Center for Families in the last 6 months. The passes will allow FREE admission to the Atlantis Sports Club & Spa (use of the pool included) located at 575 Memorial Drive (located inside the Hyatt Regency). **For information, contact Lucy at 617-349-6967 or lhernandez@cambridgema.gov.**



Caught in the Act!

This summer, CFF had the privilege of having 3 youth from the Mayor's Summer Youth Employment Program work with us for 6 week this summer.



You may have met **Peter** at Cambridge Book Bike helping to give out crafts to children or **Rakeyah** at Babytime Infant Playgroup helping to run the group or **Jazlynn** at Bergin Park helping to run a playgroup for families. Thank you, Peter, Rakeyah, and Jazlynn for all your help and hard work this summer! You will be missed!

Diaper Circle

Diaper Circle is an organization that provides diapers to social service agencies working with low income families to distribute as needed. The Center for Families has Diaper Circle donation bin in our office at 70 Rindge Ave. in the rear of the Peabody School, door 10.

Diaper Circle will take: new, unopened packs of diapers, opened packs of diapers, loose diapers (clean, of course!), gift cards to places that sell diapers (to be used only by staff, not given directly to families), unopened containers of wipes, and rewards points from Huggies (they use these to earn free diapers).

For more information, visit their website at www.diapercircle.org or check out Facebook.com/diapercircle or their Twitter account @diapercircle.

Feel free to call the Center for Families at 617-349-6385 for more information.

Help in a Bag!



The Center for Families now offers resource bags on the following topics: Getting Ready to Share, Biting, Hitting, Fun with Language, Starting Childcare or School, A New Baby in the Family, Death of a Loved One, and coming soon Potty Training!

Each bag is filled with books for toddlers and preschoolers as well as articles and resource lists, including websites for parents.

If you are interested in borrowing any of the resource bags or have any questions, please contact Lucy at 617-349-6967 or lhernandez@cambridgema.gov.

Cambridge Community Information

Danehy Park Family Day!

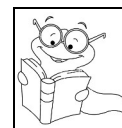


Saturday, September 17, 11am—4 pm
Danehy Park, Sherman St.

Enjoy a fun-filled day of children's amusement rides, arts and crafts, music and roving performers, plus free hot dogs, chips, sodas and T-shirts while supplies last! Check out performances throughout the day at the children's stage. Other special giveaways include colorful kites that appeal to kids of all ages! Picnics and lawn chairs are encouraged. For more information, call

Pathways to Family Success

- Do you have a child who is in grades kindergarten to 3rd grade?
- Is English not your first language?



If you answered yes to these questions, then Pathways to Family Success could be for you! Pathways is a support program that works with immigrant parents of school age children to better understand the U.S. School system, help support your children's learning and connect to community resources to help you and your family succeed. **For more information, contact Beth at 617-665-3827.**


Port Pride Day

Saturday, September 24, 12:00pm—5:00pm
Clement Morgan Park (Columbia Park), surrounding Columbia, Washington and Pine streets.



The Port Pride Day is a free public event featuring activities and resources for all ages. Local community based organizations will be in attendance to offer information about critical resources and services ranging from health to housing to education. Children's activities will include arts & crafts, face-painting, pony rides, as well as games and amusements. Attendees who visit resource tables are provided tickets for food from the cook-out. **Call 617-547-4680 for more information!**

Agenda for Children: Let's Talk

Let's Talk! is a free early literacy program in Cambridge that offers services for moms,  **let's talk!** dads and child care providers—including workshops, literacy home visits, and fun family events. **For tips and resources on ways to support young children, connect with Let's Talk! at: www.letstalkcambridge.org, on Facebook (facebook.com/LetsTalkCambMA) and Twitter (@LetsTalkCambMA)!**

Ask Jayne

Looking for information about child care, kindergarten, after-school, early intervention, special education, housing, employment, tutoring, English classes, and more?

Please contact the Center for Families at 617-349-6385 or by emailing centerforfamilies@cambridgema.gov.

Please note, Jayne Cantor, who wonderfully managed "Ask Jayne" for many years, has retired. We would like to thank Jayne for all her hard work and her dedication to families and childcare providers in the City. Thank you, Jayne!

Child Development Information

Ask Fran!

Fran Roznowski is the Early Childhood Specialist for the Center for families. Fran is available to meet with you in person or on the phone to discuss topics, such as limit setting, biting, toileting, sibling rivalry, and more. Fran can observe your child during Center for Families' playgroups and then meet with you.

If you have questions or concerns about your child's physical, social-emotional or language development, contact Fran at 617-349-6485 or froznowski@cpsd.us.

Ages and Stages Questionnaire

Do you want to know more about your child's development when they are as young as 2 months through 5 ½ years old?

The **Ages and Stages Questionnaire (ASQ)** is a set of questions to help parents find out what skills their baby or young child has. **Christine Doucet** is available to come to your home to do the ASQ with you and your child in about 20 minutes.

If you want to schedule an Ages and Stages Questionnaire for your child contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.

Community Learning Center

The Community Learning Center offers free English classes for adults who have immigrated to the United States living in Cambridge. Fall classes begin on September 20, 2016 and classes are held at Jefferson Park!

CLC offers:

- 4 levels of ESOL (basic literacy—intermediate)
- Morning and evening classes
- 9—Month program (September—June)
- Summer classes
- Students use computers as part of their class

For more information, contact Felipe Vaquerano at 617-497-4411 or fvaquerano@cambridgema.gov.

Community Resources, Services, and Supports

Adult Education

- **Cambridge Employment Program:** Provides free assistance to Cambridge residents looking for work, career counseling, help with resumes/cover letters, using a computer/internet to help with job searches, and interviewing. Please call 617-349-6166 or stop by 51 Inman St, 1st floor.
- **Cambridge Community TV:** Offers free weekly computer drop-in programs to members of the community. There is no need to sign-up. For more information, please call 617-661-6900.
- **Asian American Civic Association:** Next Steps Transitional English program is a free English class for people who have an intermediate-high level of English. For more information, call 617-426-9492 x251 or x318.
- **Community Learning Center (CLC):** Offers ESOL Family Literacy classes for parents to help them develop their English skills and provide literacy support to their children. Contact Bayyinah Pandolfo at 617-349-6371 for more information and to hear about current openings.

Childcare, School & Support

- **Department of Human Service Programs (DHSP):** Runs programs for children and families, including Preschool and School-Age Childcare, Community Schools, and Youth Centers around the City. For information, call 617-349-6200 or visit www.cambridgema.gov/DHSP.
- **Family Resource Center (FRC):** For information about the Cambridge Public Schools registration and waitlists, call 617-349-6551 or the Multilingual voice mail at 617-349-6550 (Portuguese, Haitian Creole, Spanish).
- **The Guidance Center:** Provides an array of services to help children and families cope with developmental, mental health, social and behavioral difficulties. Call (617) 354-2275.

- **Are you ready to be a parent or have a newborn baby?** Attend a Happiest Baby Class and learn how to soothe even the fussiest baby in minutes! Call 617-575-5343
- **Jewish Family & Children Services:** Located at Temple Eitz Chayim. Parents with babies support group runs Thursdays from 10:00-11:30 at 134-136 Magazine St. Cambridge. Call 781-693-5652 with questions.
- **Doula Support Program:** The Doula Program at the Cambridge Health Alliance offers groups for new parents and for breastfeeding support. Bring your baby and relax. Groups are open to all new parents. Call 617-665-1164 for info.
- **East End House (105 Spring St., Cambridge):** Holds FREE drop-in family playgroups every Tuesday from 10am-11:30am for children ages 0-5. Arts, games, puzzles, stories, and light snack provided. Call 617-876-4444 for more information or visit www.eastendhouse.org.

Food & Clothing

- **The Cambridge Food Pantry Network:** Provides food and information about food pantries to families around the city such as the Margaret Fuller House and the East End House, call the Cambridge Economic Opportunity Committee (CEOC) at (617-868-2900).
- **The Somerville/Cambridge WIC Program:** Provides nutrition education, breastfeeding support, and nutritious food for pregnant women, infants, and children up to age 5. For more info. call the WIC at Windsor Street Health Center at 617-665-3750, or the North Cambridge WIC office at 617-575-5370.
- **The Children's Clothing Exchange:** A program of Solutions At Work. The Exchange takes children's clothes in good condition to trade for other clothes or equipment. Call for information: 617-871-1202.

Housing

- **The Cambridge Multi-Service Center:** Provides housing information and assistance to families from Cambridge who are or are at risk of becoming homeless. Call 617-349-6340.

Special Needs Services

- **Cambridge-Somerville Early Intervention:** Provides developmental services for children under age three at risk for developmental delays. If you are concerned about your child's development, call 617-629-3919
- **Eliot Community Health Services:** Eliot Cambridge/Somerville Early Intervention Program now offers early intervention services to families living in Cambridge/Somerville. Call 339-227-1020
- **Cambridge Special Start:** Provides developmental screenings for children ages 3 & 4. For more information, call Jeannie Parkus at 617-349-3252.
- **The Cambridge Program for Individuals with Special Needs:** Serves people with special needs from school age to adults. There is a Saturday morning recreation program. Call 617-349-6200
- **Cambridge Commission for Persons with Disabilities:** Provides information and referrals to individuals with disabilities and their families on all kinds of disability and access issues. Call 617-349-4692 or see <https://www.cambridgema.gov/DHSP/programsforadults/ccpd.aspx>

The Cambridge Somerville Resource Guide has listings for more services in the community at www.cambridgesomervilleresourceguide.org.

If you are unable to find what you are looking for, please call the Center for Families at 617-349-6385.

CENTER FOR FAMILIES FULL-TIME STAFF

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The Center for Families has staff members who speak: Amharic, Bangla, Persian/Farsi, French, Italian, Portuguese, Haitian-Creole, Hindi, Pashto, Spanish, Urdu, and Vietnamese.

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www.cambridgema.gov/dhsp/cff

facebook.com/cambridgecenterforfamilies

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Center for Families

Office and Resource Room:
Peabody School Community Wing
(please enter through main school door of the Peabody School)
70 Rindge Avenue
Cambridge, MA 02140

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The Center for Families receives funding from the City of Cambridge, Friends of the Center for Families, the Massachusetts Department of Early Education and Care (DEEC), and the Massachusetts Children's Trust. We also receive financial and administrative support from the Cambridge Department of Human Service Programs, Cambridge Public Schools, and Cambridge Health Alliance.

The Center for Families serves families of children 0-8. Activities are open to all Cambridge residents.



a children's trust program



Center for Families
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